

FACTS ABOUT SELF-ESTEEM

1. Self esteem comes from the Latin word that means “to estimate”. So, self-esteem is about how you estimate, regard, or see yourself. It is how **You** feel about (and see) yourself, not about how others feel about or see you.
2. Millions of people – from all cultures, religions, backgrounds, economic levels, occupations, educated and not so educated - suffer from low self-esteem. Low self-esteem does not discriminate.
3. Healthy self-esteem acts as a buffer against the challenges life sometimes throws in our way.
4. Beauty, fame nor money guarantees high self-esteem.
5. You can't talk your way out of low self-esteem. You have to take action.
6. Doing something out of your comfort zone raises your self esteem.
7. Physical activity - in adults *and* children - contributes to high self esteem.
8. Finding your passion and a cause gives you a sense of achievement and excitement, raising your sense of self worth.
9. Looking after yourself physically raises your self esteem.
10. Laughter does more than just lift your mood; it releases endorphins (our natural pain-killer), relieves stress, and makes you feel better about yourself.

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